

## CLAIMS

I claim:

1. An exercise device comprising:  
a frame having a base wall and a forked member being  
attached to and extending upward from an upper side of  
said base wall, said forked member including a pair of  
arms;  
a wheel being positioned between said arms and being  
rotatably coupled to said frame;  
an elastic band being positioned on and extending around a  
periphery of said wheel;  
a tension adjuster for adjusting rotation of said wheel, said  
tension adjuster being attached to said frame for  
adjusting the rotation of said wheel; and  
wherein the elastic band is pulled and said wheel rotated to  
provide exercise.

2. The exercise device as in claim 1, said tension adjuster  
including:  
a first bracket attached to said frame and extending beyond  
said periphery of said wheel;  
a second bracket attached to said first bracket and being  
selectively positionable toward or away from said  
wheel; and  
a cylinder being rotatably attached to said second bracket and  
being in abutment with said elastic band such that said

elastic band is positioned between said cylinder and said wheel.

3. The exercise device as in claim 2, wherein said first bracket includes a pair of legs and a middle section being attached to ends of said legs such that said first bracket generally has a U-shape, said first bracket being attached to said frame and extending away from said frame such that each of said legs is positioned on an opposite side of said wheel, said elastic band being positioned between said middle section and said wheel.

4. The exercise device as in claim 3, additionally comprising a rod extending through and being threadably coupled to said middle section, said rod having an inner end extending toward said wheel and an outer end, a handle being attached to said outer end, said second bracket being attached to said inner end.

5. The exercise device as in claim 3, further including a pair of stabilizers being attached to said second bracket and extending through elongated slots in said legs.

6. The exercise device as in claim 2, wherein said cylinder has a concave outer surface in abutment with said elastic band.

7. The exercise device as in claim 1, further including a first guide member for retaining said elastic band on said wheel, said first guide member being attached to an upper end of said forked member such that said first guide member extends over said wheel.

8. The exercise device as in claim 7, further including a second guide member for retaining said elastic band on said wheel being attached to said frame, said second guide member including a pair of rollers each rotatably attached to said frame and positioned generally adjacent to said base wall, each of said rollers being attached to one of said arms and being in abutment with said elastic band, said rollers having a rotational axis generally orientated perpendicular to said rotational axis of said wheel.

9. An exercise device comprising:  
a frame having a base wall and a forked member being attached to and extending upward from an upper side of said base wall, said forked member including a pair of arms;  
a wheel being positioned between said arms and being rotatably coupled to said frame;

an elastic band being positioned on and extending around a periphery of said wheel;

a tension adjuster for adjusting rotation of said wheel, said tension adjuster being attached to said frame, said tension adjuster including;

a first bracket including a pair of legs and a middle section being attached to ends of said legs such that said first bracket generally has a U-shape, said first bracket being attached to said frame and extending away from said frame such that each of said legs is positioned on an opposite side of said wheel, said elastic band being positioned between said middle section and said wheel;

a rod extending through and being threadably coupled to said middle section, said rod having an inner end extending toward said wheel and an outer end, a handle being attached to said outer end;

a second bracket being attached to inner end of said rod such that said second bracket may be selectively moved toward or away from said wheel, a pair of stabilizers being attached to said second bracket and extending through elongated slots in said legs;

a cylinder being rotatably attached to said second bracket and having an axis of rotation orientated parallel to an axis of rotation of said wheel, said cylinder having a concave outer surface in abutment with said elastic band;

wherein said cylinder may be selectively positioned nearer said wheel for placing tension on the wheel;

a first guide member for retaining said elastic band on said wheel, said first guide member being attached to an upper end of said forked member such that said first guide member extends over said wheel;

a second guide member for retaining said elastic band on said wheel being attached to said frame, said second guide member including a pair of rollers each rotatably attached to said frame and positioned generally adjacent to said base wall, each of said rollers being attached to one of said arms and being in abutment with said elastic band, said rollers having a rotational axis generally orientated perpendicular to said rotational axis of said wheel; and

wherein the elastic band is pulled and said wheel rotated to provide exercise.